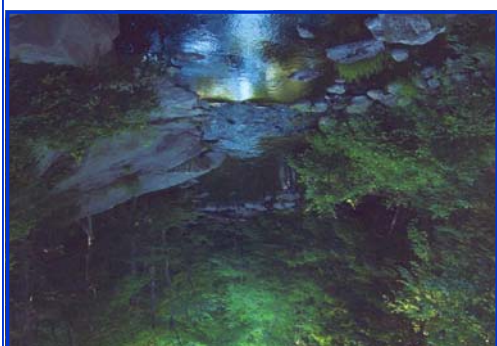


Photo by RWA Photo Contest Winner Gary Canapino



The Hemlock Trail offers scenic views of the Lake Hammonasset shoreline and rock formations along a small peninsula. In the spring, you may hear the sound of the waterfall from the dam as you walk this trail. This is the best place for a short walk and a good place for observing waterfowl.

A Regional Water Authority (RWA) Recreation Area – Lake Hammonasset was opened in 1990. This area offers ten miles of trails around the reservoir. The shortest route around the lake that includes both peninsula and takes advantage of the short cuts is 7.4 miles, so allow several hours. There are several short trails that branch off from the Hammonasset Trail or the Indian Cave Trail that provide shortcuts or nice lookout points.

**South Central Connecticut  
Regional Water Authority  
Recreation Area -  
PERMIT REQUIRED**

**Directions and Parking:**

Lake Hammonasset's access road to the gated entrance and parking area can be reached via Route 80.

**Permitted Activities:**

This site is for passive use only – no mechanized vehicles. Hiking only. Fishing, wading and swimming are prohibited. Dogs are not permitted.

*This project made possible through a grant from the National Recreational Trails Program, the Federal Highway Administration, and the Connecticut Department of Environmental Protection.*



*Mapping for this brochure has been produced by John Triana of the Regional Water Authority.*

**For more information about this location and to obtain a permit— contact:**

Regional Water Authority  
Recreation Department  
(203) 401-2654  
[www.rwater.com/recreation](http://www.rwater.com/recreation)

**South Central Regional Council of Governments**

127 Washington Avenue, 4th Floor West  
North Haven, CT 06473

Phone: (203) 234-7555  
Fax: (203) 234-9850  
E-mail: [trails@scrcog.org](mailto:trails@scrcog.org)

**# 41 (RWA)**

**LAKE  
HAMMONASSET**

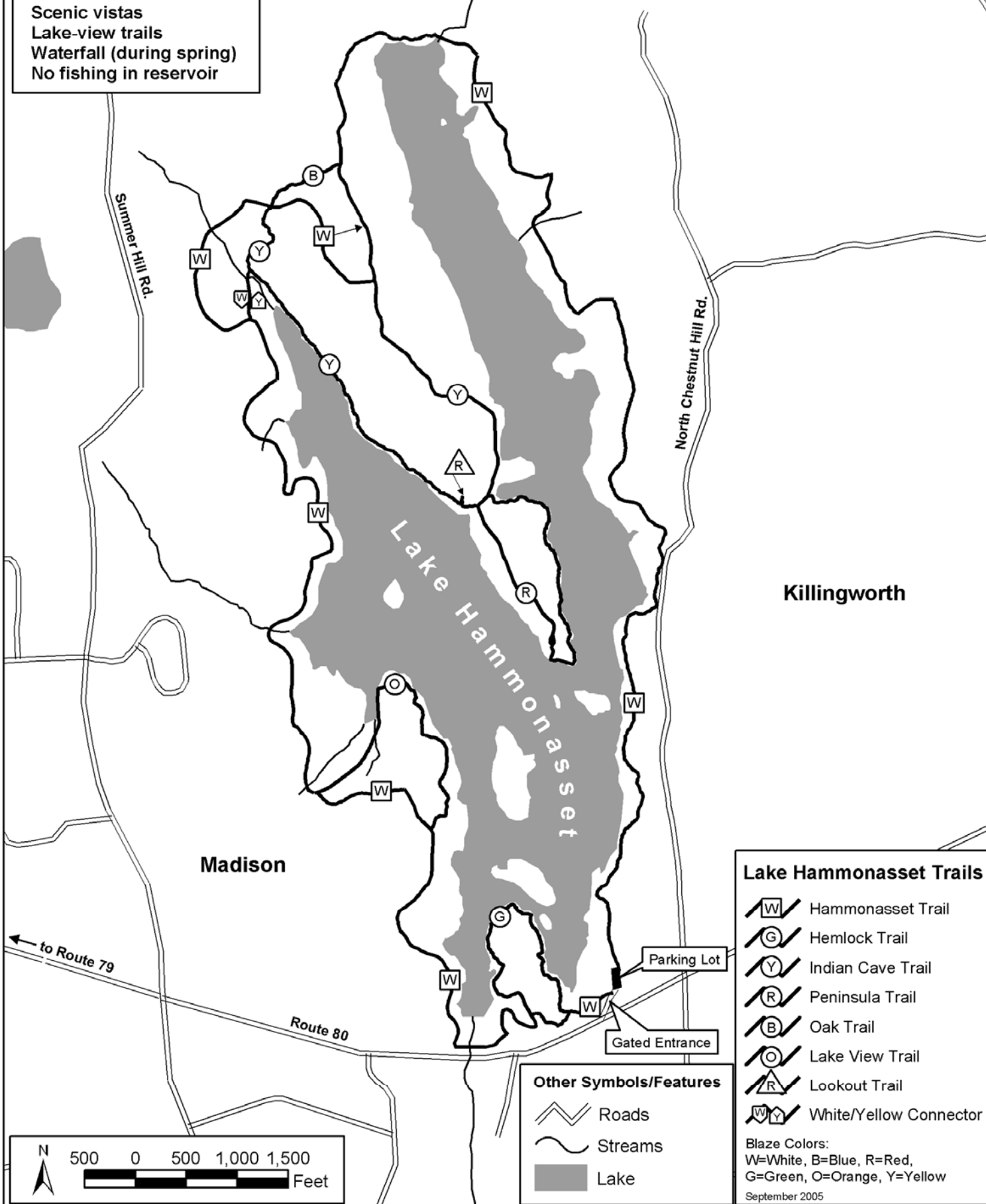
**Madison &  
Killingworth, CT**

# Lake Hammonasset



Regional  
Water  
Authority  
Recreation

Scenic vistas  
Lake-view trails  
Waterfall (during spring)  
No fishing in reservoir



## Lake Hammonasset Trails

- Hammonasset Trail
- Hemlock Trail
- Indian Cave Trail
- Peninsula Trail
- Oak Trail
- Lake View Trail
- Lookout Trail
- White/Yellow Connector

Blaze Colors:  
W=White, B=Blue, R=Red,  
G=Green, O=Orange, Y=Yellow

September 2005

## Other Symbols/Features

- Roads
- Streams
- Lake